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Titolo	Positive communication : activities to reduce isolation and improve the wellbeing of older adults // Robin Dynes
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ISBN	9781785921810 9781784504496
Descrizione fisica	1 online resource (202 pages) : illustrations
Disciplina	155.6719
Soggetti	Older people - Communication Interpersonal communication Nursing homes - Recreational activities
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based on print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Identifying strengths, interests, hopes and dreams -- Difficult topics -- Creative -- Communication -- Memory -- Spiritual -- Social -- Writing -- Remaining active -- Building confidence -- Reminiscence.
Sommario/riassunto	The effects of social interaction and engagement with older people have been proven to considerably improve quality of life and emotional wellbeing. This book comes packed with ready-to-use activities for groups of older people, aimed at connecting individuals, developing their self-esteem, and encouraging personal expression and independence. The activities are intended to be led by facilitators working with groups of older people in residential homes, drop-in or day centres, hospices, clubs for older people, hospitals, or support groups. The activities range from creative arts to storytelling to sports, and are all designed to keep both bodies and minds sharp, while encouraging positive relationships with others.